

Frequently Asked Questions

Q. Will the Navy relocate my family while I'm attending BUD/S? And will I lose my BAH/BAS while I'm in training?

A. You will be issued Permanent Change of Station (PCS) orders when you transfer BUD/s, talk with your locale Personnel Support Detachment (PSD.) Download Policy Guidelines:

<https://www.seal.navy.mil/seal/pdf/bahpolicy.pdf>

Q. Do I have to be in the Navy to be eligible for SEAL training?

A. Yes, to go through BUD/S and become a SEAL, you must be in the US Navy.

Q. Do you have to be a U.S. citizen to be eligible for SEAL training?

A. Yes. **You must be a U.S. citizen** BEFORE attending BUD/S. You are not eligible if your citizenship is pending. All SEAL candidates must be eligible for a Secret-level security clearance, and U.S. citizenship is part of the qualifying criteria for the clearance.

Q. Do I have to reenlist before I transfer, if my EAOS is with (6) months?

A. Please download OBSERVE wavier request:

<https://www.seal.navy.mil/seal/pdf/observe.pdf>

Q. Is the SEAL program open to women?

A. The current policy set by Congress and the Secretary of Defense, effective 1 October 1994; Service members are eligible to be assigned to all positions for which they are qualified, except that women shall be excluded from assignment to units below the brigade level whose primary mission is to engage in direct combat on the ground as defined below. "Direct ground combat is engaging an enemy on the ground with individual or crew-served weapons, while being exposed to hostile fire and to a high probability of direct physical contact with the hostile force's personnel. Direct ground combat takes place well forward on the battlefield while locating and closing with the enemy to defeat them by fire, maneuver, or shock effect."

However, qualified and motivated women are encouraged to investigate the diver and explosive ordnance disposal (EOD) fields. Please visit the website listed below For additional information.

Explosive Ordnance Disposal (EOD)
<https://www.cnet.navy.mil/eods/command/>

US Navy Divers
<https://wwwnt.cnet.navy.mil/ndstc/>

Q. Who is eligible to participate in the screening process?

A. Active duty and active reservists from any branch of the United States Armed Forces -- i.e., Navy, Marine Corps, Air Force, Army, and Coast Guard. ROTC and OCS candidates with proper authorization from their program coordinator may also participate. All participants must have a valid official identification card at the time of testing.

Q. What is the difference between a four-year rating program and the SEAL Challenge Contract?

A. The SEAL Challenge program guarantees you three opportunities to pass the PST while in boot camp. Your "A" School choice is based on availability and various monetary

and rank guarantee incentives. Individuals entering without a SEAL Challenge Contract may be permitted to screen for BUD/S, but are **not guaranteed an opportunity**.

Q. Do I need to purchase special equipment before attending BUD/S?

A. No. BUD/S students are supplied with everything they need. However, you may find it useful to become accustomed to swimming with fins.

Q. Do I need to learn to SCUBA dive before attending BUD/S?

A. No. The Second Phase of BUD/S teaches all the necessary SCUBA techniques. However, if you are already SCUBA qualified, or if you have time before you enter training you may find it beneficial for your underwater BUD/S training.

Q. Do I need special uniforms to attend BUD/S?

A. No. You will be issued everything you need upon arrival.

Q. What happens if I don't complete BUD/S training?

A. You will be made available to your in-rate detailer for orders. You may re-apply for SEAL training after completing a minimum activity tour of two years.